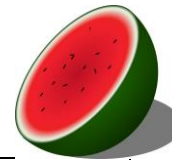




AUGUST 2017

George H Waters Nutrition Center
 AT THE TOWERS
 1415 "D" Avenue- National City, CA 91950
 (619) 336-6752



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Contribution \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M</p>	<p>1) SPAGHETTI & MEATSAUCE</p> <p>ITALIAN GREEN BEANS CAESAR SALAD PEACH CUP MILK</p>	<p>2) PHILLY STEAK & CHEESE SANDWICH</p> <p>STEAK FRIES CALIFORNIA BLEND GARDEN PASTA SALAD WATERMELON MILK</p>	<p>3) SLOW COOKED HAM W/ FRUIT SAUCE</p> <p>SAFFRON RICE PEAS & CARROTS PICKLED BEET SALAD ORANGE SMILES MILK</p>	<p>4) CATCH OF THE DAY</p> <p>ROASTED RED POTATOES MIXED VEGGIES TROPICAL FRUIT SALAD BLACK FOREST CAKE MILK</p>
<p>7) BRAISED BEEF W/MUSHROOM SAUCE</p> <p>BAKED POTATO SCANDINAVIAN BLEND SPINACH SALAD APPLE TART MILK</p>	<p>8) PORK CHOP W/ DEMI GLAZE</p> <p>AU-GRATIN POTATOES BRUSSELS SPROUTS WALDORF SALAD BLONDIES MILK</p>	<p>9) BEEF & CHEESE ENCHILADA</p> <p>SPANISH RICE & BEANS MEXICALI BLEND CUCUMBER SALAD MELON BALLS MILK</p>	<p>10) OLD FASHIONED ROAST TURKEY</p> <p>CANDIED YAMS GREEN BEANS FRUITED LIME GELATIN PUMPKIN CAKE MILK</p>	<p>11) CATCH OF THE DAY</p> <p>SCALLOPED POTATOES FRIED CABBAGE PEA SALAD PINEAPPLE MILK</p>
<p>14) AMERICAN CHICKEN LASAGNA</p> <p>STEAMED BROCCOLI ROMAINE SALAD APRICOT PARFAIT MILK</p>	<p>15) ROAST BEEF</p> <p>MASHED POTATOES CALIFORNIA BLEND MIXED GREENS WATERMELON MILK</p>	<p>16) CHICKEN & PORK RIB PATTY</p> <p>BROWN RICE MIXED VEGGIES RED SKINNED POTATO SALAD VANILLA PUDDING MILK / JUICE</p>	<p>17) SALISBURY STEAK</p> <p>GARLIC MASHED POTATOES LIMA BEANS TOMATO BASIL SALAD CHERRY TART MILK</p>	<p>18) CATCH OF THE DAY</p> <p>SPANISH RICE ZUCCHINI & CORN JICAMA SLAW MANGO MIXX MILK</p>
<p>21) ROAST PORK w/ APRICOT SAUCE</p> <p>BAKED SWEET POTATOES CAULIFLOWER W/ CHEESE PEA SALAD WATERMELON MILK</p>	<p>22) BEEF BRISKET W/ TERIYAKI GLAZE</p> <p>ORIENTAL ALMOND RICE STEAMED BROCCOLI ORCHID SALAD MANDARIN ORANGES MILK</p>	<p>23) MAPLE MUSTARD ROAST CHICKEN</p> <p>OVEN BROWNED POTATOES CARROT & BROCCOLI TOSSED SALAD APPLE CRISP MILK</p>	<p>24) BEEF FLYING SAUCER</p> <p>REFRIED BEANS & SPANISH RICE CHUCKWAGON BLEND MARINATED VEGGIE SALAD PEACH MELBA MILK</p>	<p>25) CATCH OF THE DAY</p> <p>SAFFRON RICE ASIAN STYLE VEGGIES PICO DE GALLO HONEYDEW MELON MILK</p>
<p>28) CHICKEN BREAST W/ CREAMY MUSHROOM SAUCE</p> <p>RICE PILAF WINTER BLEND CARROT SALAD GREEN GRAPES MILK</p>	<p>29) SAUCY PORK MEDALLIONS</p> <p>MACARONI & CHEESE BRUSSELS SPROUTS MARINATED CUCUMBERS PEACHES MILK</p>	<p>30) POT ROAST</p> <p>NEW POTATOES PEAS & CARROTS CAESAR SALAD STRAWBERRY SHORT CAKE MILK</p>	<p>30) OVEN BAKED TURKEY</p> <p>MASHED POTATOES TRIO VEGETABLE MIX CRANBERRY ORANGE NUT SALAD APPLE TART MILK</p>	<p>Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk</p>

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE. ADDITIONAL FUNDING COMES FROM THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.